Parents as Partners in Reading

Reading can be a family affair. When you read, you help create an environment that encourages reading in your home. Children imitate and usually want to copy the accomplishments and activities of adults. Here are some suggestions on how to encourage literacy. Happy reading!

- Call attention to colours, shapes and situations in books and relate them to your child’s experiences.
- Give your child time to talk to you. Listen to your child.
- Enjoy the sound of words. Repeat phrases that appeal to your child’s sense of humour or that create a picture with words.
- Read and memorize nursery rhymes. Read poetry together.
- Take pictures of your child involved in daily activities. Put these into a home-made book. Let your child dictate the words that tell what he/she is doing and you write them underneath.
- Let your child help you cook. Read recipes together.
- Have a poem for dessert. Each member of the family chooses a favourite poem to read.
- Read to your children from infancy.
- Hold your child close to you and read together every day, even if it is for just a few minutes. Your child will associate books with feelings of warmth and security.
- Make a flannel board. Cut out some simple characters from a magazine. Put sandpaper on the back of paper figures or use pellon or flannel. Keep it simple but give your child time to retell a favourite story or make up an original tale to fit the flannel objects.
- Make a poetry book of favourite poems that you can illustrate with original drawings by children and parents or illustrated with photographs.
- Read books, newspapers and magazines where your child can see you. If children know that reading is important to their parents, they are more likely to think that reading is an activity for both pleasure and for finding out about their world.
- Dramatize stories. Take parts. Sing songs.
- Call attention to signs and labels. Say the words—your child can repeat them. Point to the words so he/she begins to connect the written symbol with the sound.
- Make certain that there is a quiet place in your home without radios, stereos, television sets, telephones and computers. This may be a corner in a large room or even a place in a bedroom that is free from noise.
- Once a week, plan a “sustained silent reading time” when the whole family reads. Don’t answer the phone during this 15 minute period.
- Use motions and make sure your child feels the rhythm of the music. Clapping, tapping, walking, skipping, running in time to music are fun and good exercise.
- Regularly visit the local public library together. Arrange for each child to have his/her
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The Parent Page October/November 2004

Hallowe’en Safety Tips
By Bonnie Pickering

1. Use make up instead of a face mask. If you must use a mask, cut the eye holes extra large and make sure the mask will stay in place so the child can see and it allows easy breathing.
2. Use a bright coloured costume that is not too large for the child so they will not trip either walking or climbing stairs.
3. Feed the children before they go out. Take a few treats from home to allow them to have if they want a treat before they get home and you have a chance to inspect the candy. For older children going on their own, supply these treats in an easily accessible bag or pocket.
4. When children arrive home help sort out the candies so you can determine which are safe to eat.
5. Go with your child and train them to walk on the sidewalk, down one side of the street, cross at an intersection and down the other side as opposed to criss-crossing as they go. You should discuss this with older children as well and make sure they do so with a buddy.
6. You do not have to go to every house. If a child does not like the look of a house, or it sounds scary or the steps look unsafe, pass on to the next house.
7. Only go into well lit houses in your neighbourhoods. Don’t go into houses or into apartment buildings alone.
8. Place a small lit flashlight in the bottom of their bag. It will help them see on stairs and in dark driveways and help you and others see them.

National Family Week
October 4th—October 10th, 2004

National Family Week celebrates the diversity of families and the importance of the family in the community.

Visit Family Service Canada at www.familyservicecanada.org for ideas on how you and your family can celebrate National Family Week!

Check Out Your Public Library!

Burnaby Public Library:
- Metrotown Branch: 436-5420
- McGill Branch: 299-8955
- Kingsway Branch: 522-3971
- Cameron Branch: 421-5454

Coquitlam Public Library:
- Poirier Branch: 937-4142
- City Centre Branch: 927-3561

New Westminster Public Library: 527-4677

Port Moody Public Library: 469-4575

Port Coquitlam Public Library: 927-7999

Hallowe’en Carnival
Sunday, October 26
12:00 pm to 2:00 pm
Queensborough Community Centre

This fun family event is a safe, fun and inexpensive way to celebrate Hallowe’en in a warm, dry venue. For six dollars each kids can visit a variety of Halloween themed carnival games where everybody wins every time. Children and parents are encouraged to get into the spirit of the season and dress in costume. For more information call the community centre at 527-7388.

Resources for Parents

The First Years Last Forever. Booklet. Canadian Institute of Child Health.
Canadian Children’s Book Centre
www3.simpatico.ca/ccbc. Non-profit organization that promotes Canadian children’s books and authors.

From: Canadian Child Care Federation

her own library card. Ask the librarian for suggestions for stories, rhymes and poetry.
Websites for Parents!

**Child & Family Canada:** [http://www.cccf-lcsge.ca/](http://www.cccf-lcsge.ca/)

**Canada Health Network:** brought to you by Health Canada and major health organizations across the country. Features in-depth information on 26 major health topics, and links to more than 10,000 internet-based resources. [http://www.canadian-health-network.ca](http://www.canadian-health-network.ca/)

**Canadian Parents—Canada’s Parenting Website:** Connects visitors with people and information to help improve parenting skills. Offers information on connecting with other parents and getting involved in your community: [http://www.canadianparents.com/](http://www.canadianparents.com/)

**Canadian Child Care Federation:** [http://www.cfc-efc.ca](http://www.cfc-efc.ca)

**Media Awareness Network:** Practical support for media education in the home. A place where educators, parents, students, and community workers can access resources and explore ways to make media a more positive force in children’s lives. [http://www.media-awareness.ca/eng/](http://www.media-awareness.ca/eng/)

**Today’s Parent:** Topical articles posted on line, written from a Canadian perspective. Information on health, education, nutrition, and child development from birth to age 12. [http://www.todaysparent.com/](http://www.todaysparent.com/)

**The Labor of Love:** This site offers thousands of links to parenting and pregnancy websites. Articles on health, nutrition, pregnancy, infertility and more. [http://www.thelaboroflove.com](http://www.thelaboroflove.com)

**Safe Kids Canada:** [http://www.safekidscanada.ca/](http://www.safekidscanada.ca/)

**Canada Safety Council:** [http://www.safety-council.org/](http://www.safety-council.org/)

**Canadian Association for Young Children:** [http://www.cayc.ca/](http://www.cayc.ca/)

**Canadian Institution of Child Health:** [http://www.cich.ca/](http://www.cich.ca/)

**Canadian Toy Testing Council:** [http://www.toy-testing.org/](http://www.toy-testing.org/)

**Family Service Canada:** [http://www.familyservicecanada.org/](http://www.familyservicecanada.org/)

**National Institute of Nutrition:** [http://www.nin.ca/](http://www.nin.ca/)

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**Burnaby Family Life**

**Training Opportunities**

**Fathers’ Parenting Program**

A group for men interested in increasing their parenting skills. Topics include: the gifts of parenthood, conflict resolution, anger, communication styles, discipline and nurturing. This group will give you the opportunity to participate in non-judgemental discussions on issues relevant to creating good relationships with your children based on peaceful, respectful behaviour. To register call 604-659-2200.

- Facilitator: Alistair Moes
- Location: Metrotown
- Starts: Tuesday, September 28, 2004
- Time: 7:00 pm – 9:00 pm
- 8 sessions — By donation

**Parenting For Single Parents**

This 8-week program will focus on the challenges of parenting that are unique to single parents. Being both Mom and Dad at the same time can be trying and often demands more than we can give. Learn effective ways to make the best of parenting alone and gain support from other group members. Childcare provided if pre-registered. To register, call 604-659-2200.

- Facilitator: Barb Desmarais
- Location: Metrotown
- Starts: Wednesday, October 13, 2004
- Time: 6:30 pm – 8:30 pm

Visit [www.burnabyfamilylife.org](http://www.burnabyfamilylife.org) for additional training opportunities.

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**Is Your Child Seat Installed Correctly?**

**Is it the Correct Seat for Your Child?**

If these are questions you are asking about your child’s seat, you aren’t alone. Over 90% of the child seats inspected are installed or used incorrectly. But now, help is just a phone call away! The Child Seat Info Line has certified child seat technicians who are available Monday to Friday from 9:00 am to 5:00 pm to answer your questions or concerns.

Family Fun!

Family Country Hoedown
October 23rd, 5:30 pm to 8:00 pm
630 Poirier St., Coquitlam
Cost: $4.00 per child & $5.00 per adult

Join Tony Prophet for some good old-fashioned country fun! Crafts, games, cake walks, face painting and dancing.

Admission includes a hot dog, drink and chips. Lots of chances to win door prizes.

Lunar Eclipse
Wednesday, October 27th
7:00 pm — 9:00 pm
Colony Farm Regional Park

Join GVRD and astronomers from the HR MacMillan Space Centre and see the lunar eclipse and other space phenomena through telescopes. Children can make an astronomical craft to take home. Program runs rain or shine. Bring a chair, binoculars, a mug and flashlight. A concession will be available.

Harvest Moon Walk
Friday, October 1st, 2004
7:00 pm — 9:00 pm
Burnaby Lake Regional Park

Take a night walk and discover nocturnal creatures and listen to night sounds. Bring binoculars to look at the spectacular September moon. Co-sponsored by Burnaby Parks & Recreation—call 421-5225 to register. $15/child, adult pair.

Eerie Old Trails
Friday, October 29th, 2004
7:00 pm — 9:00 pm

Wander eerie forest trails and pick up some tricks and treats. Listen carefully for animals that hunt or go bump in the night, and for spin chilling sounds. Learn a few night creature survival tricks. Ages 6+. $7.50 per person. Co-sponsored by Coquitlam Leisure and Parks. To register call 933-6000.

3rd Annual Ioco Ghost Town Day
October 3rd, 12:00 pm — 4:00 pm
Location: Ioco Townsite at Ioco Road & First Ave.

Pie baking contest, heritage apples, Heritage Fashion Show, Hat Parade, Games, Lawn Bowling, music, dancing and more. A community celebration of the 3rd Anniversary of Ioco Townsite becoming a Heritage Conservation Area, the Ioco Ghost Town Day will feature fun for all!

Five Red Leaves

Five red leaves, five and no more
(hold up 5 fingers)
The caterpillar ate one, now there are four
(thumb down)

Four red leaves, that’s easy to see.
Along came a rainstorm, now there are three
(index down)

Three red leaves, nothing much to do.
A big wind blew, now two (middle down)
Two red leaves, that’s not much fun.
I glued one on my paper (ring down)
Now there is one, (hold up pinky)

Hang on, pretty red leaf! Your branches won’t break.

You’re one less leaf for me to rake!